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CAUTIONARY RULES

For preventing

The Sickneſs;

Publiſhed by Order of the

LORD MAYOR.

London (H.)
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Cautionary Rules for preventing the Sickneſs, publiſhed in particular for the uſe of the Inhabitants of St *Hellens*, St *Andrews-Underſhaft*, St *Katherine-Creek-Church*, St *James-Dukes-place*, St *Katherine-Coleman*, *Alhallows-Staining*, St *Olaves-Hart-ſtreet*; but communicable to all other parts of the City.

THAT every day two large Wood-fires be made in the two moſt convenient places of each of thoſe Pariſhes, between four and ſix in the mornings, and between eight and ten at nights; that the Wood be lightly ſmeared over with *Tar* and ſome ſmall proportion of *Juniper* or *Cedar* added: 2^d or 3^d a day from every Houſe will clear the Charge, unleſs ſome worthy Perſon will honour himſelf by defraying the whole.

2. That the Examiners of every Pariſh obſerve whether the good Rules and Orders for Health made by the Right Honourable the Lord Mayor and Court of Aldermen be duly obſerved and performed, and in caſe of Default, that the Deputy or Common-coun-

cil-men be acquainted therewith, that fit remedy may be applied.

That the ſaid Examiners enquire at the Houſes of the Sick whether they have things convenient as to Medecine and Diet, and in caſe they have not, that the Church-wardens be informed thereof; and likewiſe whether the Watch-men, Nurſes, and other Attendants, do well and faithfully diſcharge their Duties.

That once in four or five daies the Elderly men of each Pariſh, together with the Miniſter, viſit the Poor, and, where they can conveniently, call to the Sick, comforting and encouraging them, ſhewing their readineſs to ſuccour and aſſiſt them, that ſo their drooping Hearts may be ſupported, and their Neceſſities ſupplied. This Care of the Poor will much conduce to the Preventing their being ſick, and Curing them when ſick, and conſequently give check to the growth of the Plague, which both began and is continued almoſt altogether amongſt the Poor.

3. As to particular perſons, their Preſervation depends very much (under God) upon the Obſervation and due Regulation of themſelves in the ſix *Non-naturals*, viz. 1. Air, 2. Meat and Drink, 3. Motion and Quiet, 4. Sleep and Wakefulneſs, 5. Retaining what is to be retained, and evacuating what is to be evacuated, 6. The Paſſions of the Mind; of each of which I ſhall ſuggeſt ſomething that I think will be uſefull to this preſent occaſion.

1. Concerning the Air, I ſee no cauſe to determine that 'tis Infected to any conſiderable degree, I mean from

from above; But that Bodies would be in good condition to reſiſt its Venenoſity, were it not farther vitiated by Stenches, corrupt Vapours and Fumes, generated by naſtineſs, the cloſeneſs and Stagnation of the Air, and our Bodies thereunto diſpoſed by Diſorder and Fear: Hence is it that the Contagion has as yet kept it ſelf amongſt the poor and indigent People living in cloſe Houſes where many Families are thruſt together, and where there is conſtantly a foul offenſive Smell almoſt ſuffocating a Stranger at his firſt approach. From hence, I ſay, the *Fomes* of the Peſtilence is held up and continued, and the Air will more and more from hence be vitiated unleſs preventive means be uſed.

I adviſe therefore, above all things, that the People keep their Houſes clean and free from all noiſome Smells, making it much their buſineſs, and induſtriouſly deſigning it, ſecuring themſelves, as much as may be, from the ſtench of Sinks and Houſes of Office.

That every day they turn their Beds and ſet open their Windows, fuming the Room with a Pitch-pan, adding the proportion of an Ounce of *Benjamin* to a Pound of *Pitch*, during which time, let them abſent themſelves out of the Room until it be well fumed, and then returning, let the Room be ſteem'd as followeth:

Take four *Bay-leaves*, a little *Roſemary*, a little *Lemmon-peel*, four *Cloves* bruiſed, ſome *Vinegar* and *Roſewater*; put them into a Pan, and ſet it gently ſteeming over a few *Small-coal*: There are perfuming Pots for the purpoſe.

Let the Windows and Bed-poſts be rubb'd with Sweet-hearbs, as *Majorane*, *Time*, *Lavender*, *Mint*, *Roſemary*, *Hyſſop*, *Winter-ſavory*, &c. theſe or any of theſe.

Let a Pitch-pan be likewiſe early every morning, and late at night, ſet at the end of each Ally.

Fumes are eſpecially to be uſed after the Death of any perſon, for which purpoſe, beſide what is directed above, I have provided a Fume at Mr. *Henry Sykes* his Shop to be uſed either in Powder or Paſtills.

For *Noſe-gaies*, I think it not beſt to uſe them ordinarily, but in caſe of bad Smells. Thoſe of *Tar* are as good as any for Men, to which may be added a drop or two of Oil of *Amber*, and one drop of Oil of *Aſafœtida* for thoſe who like it. For Women a little *Opoponax* or *Aſafœtida* mixt with *Caſtor*, *Nutmeg* and ſharp *Vinegar*, will well ſuffice. By the way, hot Oils, *Camphire*, except in very ſmall quantity and mixt with other things, or any other over-ſtrong or ſweet Smell is very prejudicial.

Remember that in *Auguſt* the Air begins to alter, Mornings and Evenings cold, be therefore beforehand in the change of Clothes; for the Pores being ſhut by external Cold, there follows Laſſitude and Soreneſs in the Limbs, Pain in the Head, Agues, Feavors; whereupon Fear, being ever ready and ſuggeſting the worſt, makes all Diſeaſes in a peſtilential time turn into the Plague.

'Tis good alſo to waſh the Face, Neck and Temples, every morning with Cold water in which *Roſemary*, *Balm*, *Hyſſop*, *Sweet-majorane*, or any of them has been all night ſteep'd, and likewiſe to cleanſe the Throat and Noſtrils, and to moiſten the Ears therewith. I except here thoſe who have kept their Heads over tenderly, in which caſe an alteration is not now and ſuddenly to be made.

2. For

2. For Diet, let me commend in the firſt place Temperance and Chearfulneſs: I joyn them both together, becauſe too ſevere a Strictneſs and Melancholy is as bad on the one hand (in point of Health) as Exceſs on the other. 'Tis beſt therefore to feed chearfully and to keep to ordinary meats, to uſe little variety unleſs where the Stomach is weak and Appetite ſmall: above all, avoid that which is corrupt or muſty: In which regular Diet Wine and Strong-drink will be but ſeldome needfull, unleſs to the Aged and thoſe who have crude Stomachs and bad Digeſtion; to whom a draught of *Mum*, *Purle*, *Wormwood*, *Reniſh* or *Royall*, and a glaſs of good *Canary* cannot but be neceſſary.

I eſteem it inconvenient to abſtain from all ſorts of Fruit: The due Cautions are, that it be Good, not unripe or periſht, not eaten upon a full Stomach, but temperately and at ſeaſonable times; thus, it is ſo farre from being dangerous, that it much conduces to the attemperation of the Bloud, rendring it fluid and more paſſable in the Veins, preventing its Stagnation and Exaltation to that ardent, ſulphurous and poiſonous ſtate, abſtinence from Fruit, and too frequent and indiſcriminate uſe of over hot Cordials and Preſervatives have inclin'd it to.

3. Convenient Motions in buſineſs or otherwiſe is good; but Heats to be avoided, or if taken, carefully managed, that Sickneſs follow not thereupon; for prevention whereof, drink a draught of ſix or eight ſhillings Beer hot as Broth, and, if you pleaſe, a piece of Loaf-ſugar in it, and keeping warm you need not fear.

4. Deſign

4. Deſign what you can the enjoyment of ſeaſonable and ſober Reſt, and therefore diſcompoſe your ſelves as little as may be before Bed-time, uſing all convenient chearfulneſs in your own Families or with your Neighbours: The Maſter of the Family prudently animating and encouraging his Wife, Children and Servants againſt Fear and Diſorder.

5. Timely ſtop immoderate Evacuations, which are ever to be ſuſpected in Peſtilential times. Bleed not without good advice; neither Purge, unleſs very ſparingly, and with ſome Medecine proper to the Diſeaſe. I have given order for an Ante-peſtilential Pill, which the Healthfull may uſe once in a Week, and goe about their ordinary occaſion; Mr. *Wale* at the *Black-bull-head* in *Leaden-hall-ſtreet* has direction to provide it; chuſe the moſt temperate daies, and of leaſt buſineſs. Three are the Doſe, to be taken after the firſt Sleep, and thin Broth or Poſſet-drink to be drank three hours after. Old folkes and Women with Child to forbear them. Let your Drink be clear, thin, of middle ſtrength, well boil'd. Little Ale amongſt us good, and the worſe, becauſe generally drank new, thick and fulſome; That 'tis not boil'd it appears, becauſe it will not keep, being made for the Brewer's profit, not the Peoples health. Your Beer may be ſometimes encouraged with *French* Wine.

As for Antidotes the *College Book* has adviſed plentifully both for Rich and Poor, and therefore little need be ſaid in this Particular. For my ſelf, I uſe a Lozenge which Mr. *Henry Sykes* (being the Apothecary appointed for the aforeſaid ſeven Pariſhes) has order to make,

and it ſerves me in ſtead of all other Antidotes, except ſometimes in caſes extraordinary.

For the Poor I commend this eaſily parable Medecine.

Take Angelica roots *half an Ounce*, Zedoaria *two Drams*, *half a handfull of* Rue, *two Ounces of* Juniper berries *bruiſed*, *ſix* Bay leaves *bruiſed*; *ſteep theſe a day and night in a Pint of the beſt Whitewine-vinegar, and four Ounces of good* Nants-brandy; *ſtopping it cloſe: keep it without ſtraining, and drink every morning one or tow ſpoonfulls faſting.* Spirit of Salt *and* Oil of Sulphure, *though much commended, are with great caution to be uſed; Clean and temperate bodies ſuffer much by them; beſides the Inflammation of the Stomach and Gullet, I have ſometimes known a Diſury and Scalding in the Water to enſue.*

6. For Regulation of the Paſſions, and keeping the Mind in a well compoſed frame I ſhall ſay little, referring you rather to your own experience; where, looking into your Lives and paſt Actions, you may take a view of the numerous inconveniences exorbitant Paſſions have brought upon you; That they have influence upon our Bodies, ſtrangely and ſuddenly transforming us from even the beſt ſtate of Health to an infirm, meager, and waſting condition; there are few of us but can give Inſtances: the moſt prevalent Inducers of this Diſeaſe are Fear and its attendant Sadneſs or Dejection of ſpirit: Againſt theſe let me take the freedom to avouch that they are at leaſt the occaſional or diſpoſing cauſe of the Peſt: How elſe can it be that Phyſicians, Chirurgions, Nurſes, ſhould viſit and attend upon thoſe

in the higheſt degree infected, handle their Sores, drawing their Breath, as they muſt needs, being long time in the Room, and yet for the moſt part eſcape untoucht: when others, paſſing but by a Houſe or near a perſon Infected, yea, hearing but a ſad Story, ſhall immediately ſicken, goe home and die: It cannot be the ſtrength of the others Antidotes, ſince they uſe but what they adviſe; but Reſolution of Minde, and freedome from thoſe Dreads which are juſtly called *Pabulum Peſtis*, the Food of the Peſt. I ſpeak not this to make you careleſs of Dangers, but to take that vain and groundleſs Timidity out of your mindes that expoſes you upon every little occaſion offered, ſinking you often ſuddenly, and beyond the poſſibility of Recovery.

As for the Theological part, 'tis the Miniſter's work to adviſe in it; I ſhall onely ſuggeſt that ſince this kind of Sickneſs, above all other, is ſent by God to puniſh and give check to the Sins of men, let us, every one of us, examine our own Hearts, and endeavour to ſweep thoſe houſes clean. Eſpecially to caſt away Pride, Hardheartedneſs, Injuſtice, neglect and oppreſſion of the Poor; and though all Sins are diſpleaſing to God, yet we find in Scripture that theſe, above all other, provoke his Wrath and haſten his Vengeance againſt man. In ſtead whereof let us endeavour to plant in our Hearts Humility, Compaſſion, Natural affection, which render Man, above all other Creatures, the moſt ſociable, and to which Vertues chiefly are due, that Prerogative God has given Man over the other parts of his Creation.

Laſtly, Be not ſlight and negligent in the uſe of Means. The Worthy Magiſtrates of this City have care-

carefully done their part, in framing and publiſhing good *Orders*, in appointing Phyſicians, Apothecaries and Chirurgions, in providing that the Poor ſhall have their Wants ſupplied, and Medecines provided at the publick Charge. You are to bleſs God for this their great Care of you, to take good Courage and eſtabliſh your Minds, to give timely notice, that ſo ſeaſonable means may be uſed at the beginning of Sickneſs. I have provided the beſt Remedies that men moſt experienced in this Diſeaſe, or my own underſtanding, upon my obſervation of the Condition of this Peſt, could ſuggeſt to me; and have publiſhed this Paper with a deſigned plainneſs that it might be uſefull to you, and ſhall be ready, if God grant me life and health, to aſſiſt you to the utmoſt of my Ability; Being in all,

Your moſt affectionate Friend

Humphrey Brooke.

FINIS.